



**Universiteit
Leiden**
The Netherlands

Physical therapy and physical activity in patients with rheumatoid arthritis

Hurkmans, E.J.

Citation

Hurkmans, E. J. (2011, October 6). *Physical therapy and physical activity in patients with rheumatoid arthritis*. Department of Rheumatology , Faculty of Medicine, Leiden University Medical Center (LUMC), Leiden University. Retrieved from <https://hdl.handle.net/1887/17903>

Version: Corrected Publisher's Version

License: [Licence agreement concerning inclusion of doctoral thesis in the Institutional Repository of the University of Leiden](#)

Downloaded from: <https://hdl.handle.net/1887/17903>

Note: To cite this publication please use the final published version (if applicable).

Physical therapy and physical activity in patients with rheumatoid arthritis

Physical therapy and physical activity in patients with rheumatoid arthritis
Thesis, Leiden University, Leiden, The Netherlands

ISBN: 978-90-817890-0-4

Copyright © E.J. Hurkmans, Leiden, The Netherlands

No part of this thesis may be reproduced, stored or transmitted in any way or by
any means, without prior permission of the author.

Cover: Emalie Hurkmans

Printed by: Puntgaaf drukwerk Leiden

The printing of this thesis is financially supported by the Dutch Arthritis
Association and het Wetenschappelijk College Fysiotherapie.



Physical therapy and physical activity in patients with rheumatoid arthritis

••• PROEFSCHRIFT •••

ter verkrijging van de graad Doctor aan de Universiteit Leiden,
op gezag van de Rector Magnificus prof. mr. P.F. van der Heijden

volgens besluit van het College van Promoties
te verdediging op donderdag 6 oktober 2011
klokke 13.45uur

door

Emalie Hurkmans
geboren te Boxtel
in 1981

• • • Promotiecommissie

Promotor: Prof. dr. T.W.J. Huizinga

Co-promotor: dr. T.P.M. Vliet Vlieland

Overige leden: Prof. dr. S. Maes

Prof. dr. R. de Bie (Universiteit Maastricht)

Dr. M. van der Esch (READE, Amsterdam)

•••Wie had dat ooit gedacht....

• • • Contents

Chapter 1	General introduction	9
Part 1	Physical therapy in rheumatoid arthritis: guidelines and current practice	
Chapter 2	Quality appraisal of clinical practice guidelines on the use of physiotherapy in rheumatoid arthritis: a systematic review	23
Chapter 3	Physiotherapy in rheumatoid arthritis: development of a practice guideline	41
Chapter 4	Physical therapists' management of rheumatoid arthritis: Results of a national survey.	67
Chapter 5	Continuing professional development is associated with increasing physical therapists' role in arthritis management in Canada and the Netherlands	81
Part 2	Exercise and physical activity in rheumatoid arthritis	
Chapter 6	Dynamic exercise programs (aerobic capacity and / or muscle strength training) in patients with rheumatoid arthritis	107
Chapter 7	The effectiveness and safety of home-based exercise programs in patients with rheumatoid arthritis	143

Chapter 8	Maintenance of physical activity after internet-based physical activity interventions in patients with rheumatoid arthritis	177
Chapter 9	Motivation as a determinant for physical activity in patients with rheumatoid arthritis	193
Chapter 10	Promoting physical activity in patients with rheumatoid arthritis: health professionals' practice and educational needs	211
Chapter 11	Summary and Discussion	227
Chapter 12	Nederlandse samenvatting	241
	Curriculum Vitae	247
	Publications	249
	Dankwoord	251

